



Spa Menu

MASSAGE THERAPIES

Each massage features our signature hydrotherapy: hot towels soaked in natural spring water infused with a wild-crafted blend of local herbs including potentilla, piñon, artemisia, and yerba mansa leaf.

NEW In-Room Massage

For our overnight guests, we offer in-room massage, including therapeutic, CBD, and deep tissue. CBD and deep tissue incur an additional \$30 charge. Our apologies, in-room massage does not include hydrotherapy at this time.

50 minutes, \$160; 80 minutes, \$225

Therapeutic Massage

Delight your senses with a stress-melting body massage. Our expertly trained massage therapists use a variety of techniques with light to medium pressure to create a personalized massage that will leave you feeling centered and refreshed.

50 minutes, \$115; 80 minutes, \$160

Deep Tissue Massage

This deep bodywork helps release chronic patterns of stress and tension in the body. Slower massage strokes and more direct, deep pressure are utilized to manipulate underlying muscles and structures.

50 minutes, \$160; 80 minutes, \$180

CBD Massage

Full-body massage releases tension in sore muscles and reduces joint inflammation. An ideal massage for active people, clients with chronic pain, or anyone who has overworked their muscles. This massage treatment uses potent CBD products that are processed exclusively in Taos by Satva Botanicals.

50 minutes, \$140; 80 minutes, \$185

Tax and gratuity not included. Rates subject to change without notice.

NEW Warm Bamboo Massage

This full-body, deep-tissue, myofascial massage incorporates bamboo massage tools that produce a “muscle melting” sensation. While the tools deeply knead the musculature, tension quickly dissipates, eliminating knots and congestion throughout the body. If you enjoy deep work, this treatment is for you.

50 minutes, \$140; 80 minutes, \$185

NEW Ojo Head To Toe

This deeply relaxing treatment combines our hand and foot treatments with our wonderful hot oil hair therapy. The hands and feet receive a product protocol from Round Barn Apothecary that includes cleansing, exfoliation, and hydration along with relaxing hand and foot massages. For the head, the scalp and hair is thoroughly massaged with a blend of coconut and argon oil which strengthens and repairs damaged hair and relaxes the mind.

80 minutes, \$185

Rio Grande Hot Stone Massage

Your massage therapist uses warm, oiled basalt stones combined with harmonizing massage strokes to soothe muscles, balance energy, and relieve tension. Large stones are placed along points of the body to help ground, calm, and relax the mind and nervous system.

50 minutes, \$140; 80 minutes, \$185

Heavenly Hand & Foot Treatment

This deeply relaxing treatment combines our hand and foot treatments into one. The treatment includes exfoliation, hydration, and hand and foot massages. This hydrating, replenishing treatment addresses dry skin and promotes relief for tired, achy hands and feet. We use our favorite locally sourced, organic skincare products from Round Barn Apothecary and our signature hot herbal towels that will leave your hands and feet incredibly soft, moist, and protected.

50 minutes, \$125

Kokopelli Pregnancy Massage

Known as a fertility deity, healer, and storyteller, Kokopelli is a sacred figure. This nurturing and relaxing therapy focuses on the special needs of the mother-to-be by relieving stress on joints, as well as easing neck and back pain. A prenatal massage can help reduce fatigue and aid the circulatory and lymphatic systems of mother and baby. This comfortable and supportive side-lying massage can also be perfect for those who cannot comfortably lay on the stomach or back.

50 minutes, \$125; 80 minutes, \$170

Tax and gratuity not included. Rates subject to change without notice.

NEW Lavender Quench Hydrating Body Wrap

Relax your mind and body with this ultra-hydrating, body wrap, and massage treatment that incorporates lavender from our garden. Your session begins with an exfoliating dry brush followed by massage using lavender-infused oil. We finish up with a hydrating body wrap that will leave you floating while we massage your scalp with lavender essential oils.

80 minutes, \$175

NEW Cactus Flower Massage and Scrub

The Cactus Flower Massage and Scrub includes a 50-minute Therapeutic Massage and a cactus flower exfoliating scrub by Round Barn Apothecary. This cooling treatment is a gentle exfoliation for the skin and full-body massage to reduce muscle spasms, stimulate antioxidant activity, and cleanse the skin. This zesty purifier is an incredibly relaxing and wonderfully smelling treat incorporating aromatherapy into the treatment. If you want a full-body massage and a gentle exfoliating scrub, this treatment is for you!

80 minutes, \$175

ENHANCEMENTS

Consider adding one or two 25-minute therapeutic enhancements to complement your bodywork or treatment. These can be added to any spa service.

Healing Hands Therapy

This hydrating and replenishing hand treatment addresses dry skin and promotes relief for tired, achy hands. Hands will receive cleansing, exfoliation, moisturizing, and a luxurious and soothing massage. We use our favorite locally sourced, organic skincare products from Round Barn Apothecary, incorporating massage and our signature hot herbal towels that will leave your hands incredibly soft, moist, and protected. \$65

Blue Corn, Prickly Pear & Salt Scrub

This unique mixture of blue corn, prickly pear, and ancient sea salt whisks away dry, dull skin revealing a softer, smoother texture. Prickly pear nourishes skin and soothes irritations. Sea salt minerals improve circulation and metabolism. Hot herbal towels open your pores and relax the body and mind, leaving your skin restored and radiant. \$65

Tax and gratuity not included. Rates subject to change without notice.

Restorative Foot Therapy

This hydrating and replenishing foot treatment addresses dry skin and promotes relief for tired, achy feet. This detoxifying foot treatment starts with a gentle cleanse and purifying exfoliating scrub, followed by a foot massage using Round Barn Apothecary's Shea Butter cream. We use our favorite locally sourced, organic skincare products and our signature hot herbal towels leaving your feet incredibly happy, moist and protected. \$65

Reflexology Foot Therapy

Treat yourself to a reflexology foot session that stimulates and balances your entire system by applying pressure on specific points on your feet. Reflexology promotes relaxation, improves circulation, and helps to eliminate toxins. It has been shown to stimulate the body's organs and aid in pain reduction. Our guests tell us they are most pleasantly surprised by this service. This treatment is not offered for pregnant women. \$65

ENERGY HEALING

Eastern Medicine recognizes the human body is sustained by life force energy which is referred to as Chi or Prana in Yoga traditions. This energy has electro-magnetic characteristics and travels through Meridian pathways throughout the body. Disharmony can manifest in the body as stress, fatigue, tension, sore muscles, creating blockages in our natural energy flow.

Our energy healing treatments are offered as 25 Minute Add ons or as 50-minute treatments.

Choose from any of the four modalities below to refocus, balance and align your mind and body. All of our energy treatments can be provided with guest fully clothed or undressed to comfort level.

Cranial Sacral

Cranial Sacral Therapy is a very gentle, non-invasive form of bodywork that addresses the bones of the head, the spinal column, and sacrum at the base of the spine. The goal is to release compression in those areas which alleviates stress and pain. Your massage therapist will use soft touch techniques to release restrictions in any tissues which surround the central nervous system. This gives the body the ability to self-correct corresponding problems related to chronic stress. Some benefits people experience includes deep feelings of relaxation, reduced muscle tension, improved mood, improved pain tolerance, and reduced stress levels. 25 Minute Add-On, \$65; 50 minutes, \$115; 80 minutes, \$160

Tax and gratuity not included. Rates subject to change without notice.

Sound Healing

Tuning fork therapy uses vibrating tuning forks on acupuncture points and over the chakras. It works on the same premise as acupuncture to unblock stuck or stagnant energy to improve energy flow throughout the body. Tuning forks are used to stimulate the relaxation response. The theory is that these sound waves help to normalize imbalances and synchronize the chakra's frequency back to its natural healthy state of vibrational resonance. This vibroacoustic therapy uses low frequency weighted tuning forks to increase cellular movement and to "retune" the body. We also use unweighted tuning forks that are relaxing and enjoyable to listen to as they retune the chakras.

25-Minute Enhancement Add-On, \$65; 50 minutes, \$115

Polarity Therapy

Polarity Therapy is perfect for anyone, in any state of health. It is a healing treatment intended to restore the balanced distribution of the body's natural energy. Polarity therapy is done through holding a series of polarized contacts throughout the body. The pressure may be light, medium or firm and may involve gentle rocking. This gentle treatment meets you where you are and inspires positive changes that are just right for you.

25 Minute Add-On, \$65; 50 minutes, \$115

Reiki

Reiki is a healing art performed for stress reduction and relaxation that balances the natural life force energy of the body. Reiki practitioners place their hands lightly on or just above the body, with the goal of facilitating the client's natural healing response. Reiki, which is based on an Eastern belief that our energy system supports our body's innate, natural healing abilities, complements and enhances all types of massage.

25 Minute Add-On, \$65; 50 minutes, \$115

Tax and gratuity not included. Rates subject to change without notice.